



## Happy Birthday!

### Clients

- Timothy W. 5/3
- Timothy T. 5/7
- Fred G. 5/22
- Bill G. 5/25

### Comfort Keepers

- Michelle R. 5/5
- Luca N. 5/14

Older Americans Month, observed annually in May, is crucial for recognizing the contributions of older adults, highlighting the positive aspects of aging, and fostering a more inclusive society. It's a time to challenge ageist stereotypes, celebrate diverse experiences, and ensure older adults have access to resources that support their well-being. By focusing on the positive aspects of aging and promoting social connections, OAM helps create a more age-friendly environment where older adults can continue to thrive.

## Congratulations to our May 2025 Comfort Keeper of the Month!



Kaleen Nelson

Kaleen became part of our caregiving family on October 18, 2024, bringing compassion, dedication, and a warm heart to every life they touch. Originally from Portland, Oregon, Kaleen has a natural gift for nurturing others, shaped by a lifelong love of reading and a deep understanding of empathy. Outside of work, she's a proud dog parent to three lovable pups who keep life joyful and full of energy. Known for her signature love of pink and a soft spot for Reese's Peanut Butter Cups, Kaleen combines professionalism with a personal warmth that comforts both clients and coworkers alike. This is why she is our May 2025 Comfort Keeper of the month. Congratulations Kaleen!

## Tom's Trivial Tidbits:

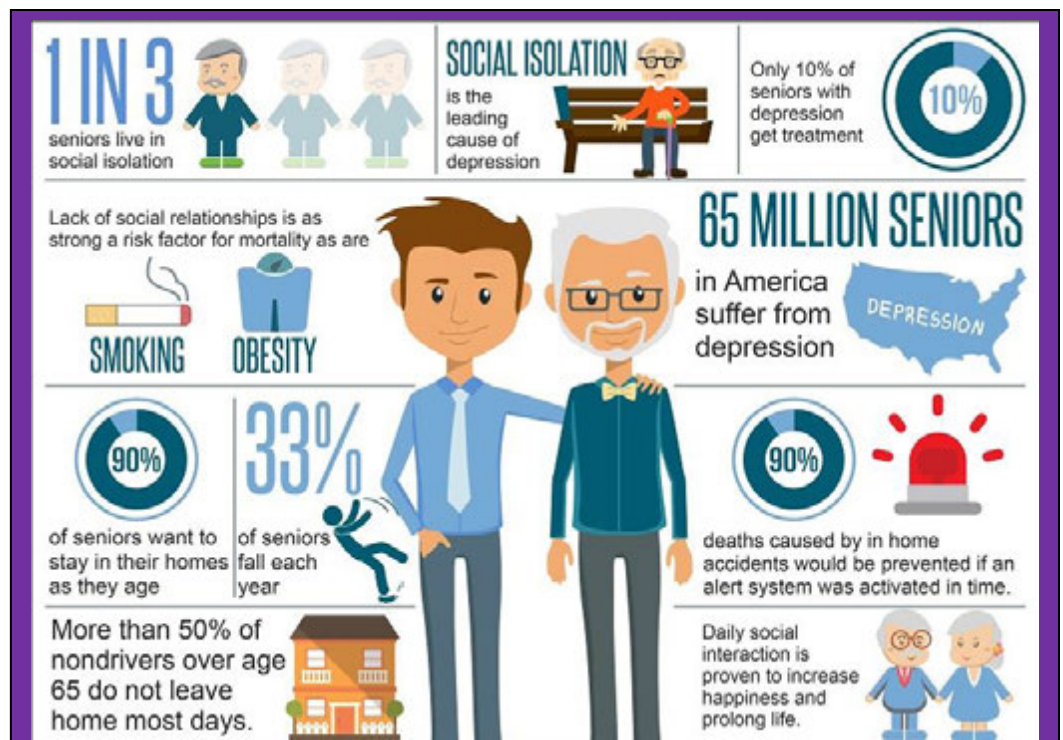
**Rats:** Rats have a laugh: When they play, rats emit high-pitched chirping sounds that are a form of laughter.

**Bananas:** Bananas are slightly radioactive: This is due to their potassium content, which includes a naturally radioactive isotope.

**Honey:** Honey never spoils: Ancient honey has been found to be perfectly edible after thousands of years.

**Aging Brains:** Brain plasticity: The brain continues to form new connections and pathways throughout life, even in older adults.

- **Quote of the Month:** *"You are never too old to set another goal or to dream a new dream."* -C.S. Lewis



**CareAcademy™** Please complete any courses before your May birthdate and let the office know when completed.